Focus Games for Kids

10 quick games for kids ages 2-5 - no supplies needed

1. **What Is Missing?**
   Put 3 or 4 toys on the table. Your child closes their eyes while you hide one. Which toy is gone? Add more toys as it gets easy.

2. **Copy My Clap**
   Clap a short rhythm: clap, clap, pause, clap. Your child copies it. Then switch roles and let them lead.

3. **Slow Simon Says**
   Play Simon Says very slowly, one move at a time: Simon says touch your nose. Leave out "Simon says" now and then and see who notices.

4. **Red Light, Green Light**
   Green light means walk, red light means freeze. Stopping on the signal is great practice for self-control.

5. **I Spy a Color**
   Say: I spy something red. Your child looks around the room to find it. For older kids, use shapes or first sounds.

6. **Freeze Dance**
   Play music and dance. When the music stops, everybody freezes like a statue until it starts again.

7. **Listening Minute**
   Sit very still and quiet together. How many sounds can you hear? A bird, a car, the fridge? Name them afterwards.

8. **Two-Step Directions**
   Give two steps in a row: touch your toes, then jump. When that is easy, try three steps.

9. **Sock Match**
   Mix up a few pairs of socks and ask your child to find each pair. Sorting asks kids to look closely at details.

10. **Back Drawing**
    Draw a circle, line or letter on your child's back with your finger. Can they guess what it is? Then they draw on yours.